

ELDERS AT CENTRAL

“The whole inspiration of our life as a nation flows out from the waving folds of this banner.”

~Author Unknown

My Favorite View

Each day as I travel to and from work, I have the good fortune of being able to cross the North River Bridge at the Marshfield/Scituate line.

There are many debates between my husband, Bill, and myself about whether or not it is shorter to take Route 3 or Route 3A to the Hingham Senior Center. We each have our opinion, but if the truth be told, there really is no time difference. He being the aggressive male driver prefers route 3 and me, being the one who enjoys a more leisurely pace filled with scenic views, prefers Route 3A. It is hard to explain to him, but over the past few years on my daily commute, I have decided that my favorite spot, despite travels near and far over the years, is the view from the North River Bridge at the Marshfield/Scituate line.

From the blue waters of the river to the brilliant blue sky, the red and purple glow of the marshes at sunset, the churning waters during a storm or particularly high tide, this scene brings a sense of awe to me each day. With its ever changing splendor it signals the beginning and end of each work day. Even in the dark of winter you can see the faint twinkle of lights on Truants Island and smell the saltwater at low tide.

During the next few months, I invite you to submit in writing a view that you call your “favorite” and we will publish one or two of these in our upcoming newsletters. After all, the South Shore has a unique beauty of its own that is unlike no other elsewhere.

Barbara

AARP DRIVER SAFETY COURSE

(This is a two-session course)

THURSDAY, JUNE 8 & 15

9:00 AM –1:00 PM

AT THE SENIOR CENTER

COST: \$10:00

Why Take A Driver Safety Class?

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers 50 and older that has helped millions of drivers remain safe on today's roads. AARP has updated this course for the contemporary driver and it is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Learn about the effects of medications on driving.
- Reduce your traffic violations, crashes, and chances for injuries.
- Learn how to minimize the effect of dangerous blind spots.
- Drive more safely.

Pre-registration is necessary and registration with payment can be made at the Senior Center. Please make checks payable to AARP.



SERVICES INFORMATION

S.H.I.N.E. *Serving Health Information Needs of Elders*

For assistance with your health insurance questions, including the new Medicare Part D prescription coverage, please call Joseph Richer, S.H.I.N.E. Counselor, at 781-741-1458 to make an appointment.

F.Y.I. - IN-HOME SERVICES

ARE YOU O.K.? (a free daily reassurance call); 911 Cell Phones on Loan; Escort for Medical Appointments; Friendly Visitors; Repairs for Health, Safety, and Security; Smoke Detector and Battery Check; and Respite Care for Caregivers are some examples of services offered for Hingham residents. For more information contact Karen Sadlon, Outreach Worker, at 781-741-1458.

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it.....**DAD**

Author Unknown

TRIPS

Clambake on Cabbage Island , Sunday, July 9,

Cost \$99.00/person. Cost includes motorcoach transportation, traditional Maine clambake on Cabbage Island, tour of Boothbay Harbor aboard the *Argo*, a stop in Freeport with time for shopping. Reservations with payment can be made at the Senior Center.

Saratoga – the August Place to Be:

August 21-22, 2006 1st day—The Saratoga Races with reserved seating in the shady grandstand. Following the races, you'll check into the elegant Queensbury Hotel in Glens Falls and enjoy dinner (included). On Tuesday, following breakfast, spend the day in Lake George with a tour up Prospect Mountain followed by a luncheon cruise on Lake George. The cost for this two-day trip is \$295/single, \$245/person for double occupancy, and \$235/person for triple occupancy. \$50.00 per person is due at sign-up, with full payment due 30 days before departure. Cost includes all taxes and gratuities for the bus driver and tour guide.

Due to the popularity of this trip, we have been able to add an additional 10 seats. Reservations with deposit can be made at the Senior Center.

NEWLY ADDED -Boston Red Sox at New York

Yankees, Sunday, September 17, \$149/ person. This one day trip includes deluxe motor coach leaving at approximately 6:00 am, upper reserved seating for the 1:05 pm game, coach leaves for the return trip home approximately 30 minutes after the game. This is a trip for all those who want to see a great game without the extra sightseeing trips. Reservations with full payment can be made at the Senior Center.

Lake Winnepesaukee, Sunday, October 1, cost

\$79.00/person. Trip includes roundtrip deluxe motor-coach, tour of the Anheuser-Bush Brewery, three hour cruise on board the *Mt. Washington Steamer* including Champagne Sunday Brunch, time for shopping at some local outlet stores, all admissions for included features, Celebration Tours escort throughout.

Reservations with payment can be made at the Senior Center.



JUNE MINIVAN TRIPS

- Tues. June 13** Rides to Presidents & Their First Ladies at Senior Center
Wed. June 14 Rides to Veteran's Benefits Explained at Senior Center
Thur. June 15 **Peabody Essex Museum, Salem
Fri. June 23 Hanover Mall
Thur. June 22 ***Castle Island Trip

Please Note: Mini Van Trips require a minimum of six participants to run.

**This trip will focus on a guided tour of the *"Painting Summer in New England"* exhibit, which will require considerable walking throughout the Museum.

***Enjoy the beautiful views and walks on the Island. Lunch is available at the concession stand.

BOSTON SYMPHONY REHEARSALS



We are currently taking van reservations for the 2006/2007 Boston Symphony Rehearsal season. There are five concerts in each of the C and D Series. Information on and tickets for these concerts can be obtained by calling 617-266-7575 or go to www.bso.org

Seat availability on the vans will be on a first come first served basis to those Hingham residents who subscribe to one or both complete series. If you are just seeking transportation to individual concerts, or you are not a Hingham resident, we will place your name on a waiting list and contact you if space becomes available on the vans: this is frequently the case.

**THIS IS NOT YOUR FATHER'S
SUPERMARKET**

**Monday, June 12
1:00 pm**

Do you remember when you could only pay for groceries with cash? And the only items available at the grocery store were food items? Joseph Curtin, Director of Recruiting, Training, and Development, Roche Bros., will present an in-depth discussion about the changes that he has seen in the grocery store business over the past 33 years and the impact of technology on today's supermarkets. Reservations for this program are necessary and can be made by calling the Senior Center at 781-741-1458.

**INVESTMENT BASICS
TUESDAY, JUNE 20
9:30 AM**



Josh Gregory, Financial Advisor, Bank of America Investment Services, will discuss the basics of investing including the potential impact of longevity, inflation, taxes and lack of investment planning. The seminar will also cover the potential advantages of asset diversification. Reservations necessary and can be made by calling 781-741-1458.

**GLAUCOMA/CATARACT SCREENING
THURSDAY, JUNE 22
10:00 AM**

Dr. Goodman, Nielson Eye Associates, will be at the Senior Center to conduct glaucoma and cataract screening, free of charge. Prior to the screening, Dr. Goodman will present a short program about the aging eye, including dry eye. Reservations are necessary and can be made by calling the Senior Center at 781-741-1458.

**YOU MAY BE ELIGIBLE
VETERAN'S BENEFITS EXPLAINED**

**Wednesday, June 14
10:00 am at the Senior Center**

Michael Cunningham, Hingham Veteran's Agent, will be available to discuss Veteran's Benefits, eligibility requirements for these benefits and how to apply for them.

John Miller, Home Care Partners, will present eligibility requirements for receiving Veteran's Benefits to help pay for in-home assistance, such as non-medical home care services.

SKETCHING NATURE

**Thursdays: June 1, 8, 15
6:00 pm —7:15 pm
Instructor: Pat LaLiberte
Cost: \$25.00**

Join us out-of-doors for a close look at nature and learn techniques for capturing what you see in simple/complex drawings. Lots of individual attention given. The first class will meet at the Senior Center and other classes will meet at local outdoor locations, dependent upon weather. Bring a chair, a drawing board and bug repellent. All other materials are provided as a part of the class. Registration with payment can be made at the Senior Center.

WRITING YOUR MEMOIRS WITH

MARC WIDERSHEIN returns to the Senior Center on Monday, June 19, 1:00 pm. This six-week course will be held on June 19 and 26, at 1:00 pm, and July 10, 17, 24, 31 at 10:00 am. Please note the time change for the July sessions.

Everyone has a story to tell. This six-week workshop will help you permanently capture yours to share and pass along to your family and friends. The cost for this six-week series is \$35.00 and registration with payment can be made at the Senior Center.

“I SPY”

Make Sure Others Are Not Monitoring Your Internet Activities

Spyware: What is It?

Spyware describes computer applications that track personal information about your Internet habits.

How Does Spyware Get on Your Personal Computer?

- Spyware is often embedded in “free” software downloads (games, music, coupons)
- Spyware may also use fake security alert pop-ups with a security warning dialogue box asking you to click “yes” to install a software program.

Remember: Almost Nothing is Free

- When you click to download “free” software, you may be asked to agree to the terms of a license agreement.
- By clicking the agreement, you may be agreeing to allow your Internet activities to be monitored as a condition of using the software without even knowing it.

The Price You Pay - How Spyware Can Affect You:

- Pop-up ads appear
- Unwanted toolbars are added to your homepage
- Computer slow downs or crashes
- Your homepage may be “highjacked” to an unwanted Internet site
- Personal Information may be sent to an unknown party

How to Avoid Spyware

- Install and maintain anti-spyware and anti-virus software
- Do not install “free” software from an unknown source
- Do not install unknown files
- Beware of peer-to-peer file-sharing services such as “free” music or video files

This article was provided by Attorney General Tom Reilly’s Elder Fraud Alert Calendar.

FEELING STRESSED? TREAT YOUR FEET

Stress is defined as any stimulus or factor that threatens the health of the body or has an adverse affect on its functioning.



Pressure in everyday life can cause biochemical changes in the body, precipitating such conditions as headaches, lower back problems, elevated blood pressure, digestive disorders, anxiety, and depression. Therefore, it is important to learn how to relax properly. Foot reflexology is one such method. While reflexology cannot remove the stress, it can help the body by achieving an inner tranquility, which helps you to cope better with stressful situations. It also helps relieve many physical stress-related symptoms.

Linnell Reed, certified and licensed reflexologist from On the Path Wellness Center, Pembroke, will be offering reflexology sessions on Monday, June 19, from 8:30 am to 3:30 pm. Sessions are 45 minutes and the first 15 minutes will cover health history. The cost is \$30.00 and during the session you will also learn about pressure points. Appointments are necessary. To schedule an appointment, call the Senior Center at 781-741-1458.

Does Medicare Pay for Physical Therapy?

Medicare rules for outpatient physical therapy have changed a lot over the years. Medicare has put the power of deciding if and how much therapy a person needs back in the hands of the doctor and the physical therapist.

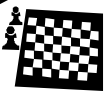
When you have an injury or ailment, the first step is to go to your physician. Following an examination, your physician will determine if you could benefit from physical therapy. After that, you can call any outpatient physical therapy clinic that you would like and set up an appointment for an evaluation.

During your initial consultation, you and your therapist will go over your goals and devise a treatment plan. The therapist will send the results along to your doctor who will review them and send back any recommendations that he/she might want to add. The length of time that you attend therapy will depend on your progress. Medicare will reimburse for treatments that progress you to your maximum level of function. This will vary widely depending on the injury or ailment, but Medicare will not pay for a maintenance program.

(This article was submitted as an educational service by Hingham Physical Therapy.)

<p>19</p> <p>8:30 Aerobics</p> <p>8:30 Reflexology</p> <p>9:30 Strength Training</p> <p>10:00 Vision Support</p> <p>10:00 Rug Braiding& Rug Hooking</p> <p>Noon Lunch</p> <p>1:00 Beginners' Bridge</p> <p>1:00 "The Foursome"</p> <p>1:00 Writing Your Memoirs</p> <p><i>American Chop Suey</i></p>	<p>20</p> <p>8:30 Men's Breakfast</p> <p>8:45 Good Morning Stretch</p> <p>9:00 Footcare</p> <p>9:30 SHINE</p> <p>9:30 Investment Basics</p> <p>10:00 Knitting</p> <p>10:00 Stroke Support Group</p> <p>12-1:45 BP/Health Screening</p> <p>12:30 "Honors"</p> <p>1:00 "Jacoby's"</p> <p>1:00 Oriental Rug</p> <p>1:00 Investment Grp</p> <p>1:30 Scrabble</p> <p>1:30 Women's Cribbage</p> <p>1:30 Open Board Games</p> <p>7:00 Caregivers Group</p>	<p>21</p> <p>8:30 Jazzercise Lite</p> <p>9:30 Drop-in-Bridge</p> <p>10:00 Arthritis Exercise</p> <p>10:45 Book Discussion</p> <p>Noon Lunch</p> <p>1:30 OPALS</p> <p><i>Herb Baked Chicken</i></p>	<p>22</p> <p>8:30 Yoga</p> <p>9:00 Footcare</p> <p>9:45 Strength Training</p> <p>10:00 Glaucoma/Cataract Screening</p> <p>11:15 Ta'i Chi</p> <p>12-1:45 BP/Health Screening</p> <p>1:00 Quilting</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Oil Painting</p>	<p>23</p> <p>8:30-10:30 Coffee Shop</p> <p>9:00 Men's Cribbage</p> <p>9:30 Senior Walking Club, World's End</p> <p>10:00 "Slammers"</p> <p>10:00 Journal Writing II</p> <p>1:00 "Friday Bunch"</p>
<p>26</p> <p>8:30 Aerobics</p> <p>9:30 Strength Training</p> <p>10:00 Rug Braiding& Rug Hooking</p> <p>Noon Lunch</p> <p>1:00 Beginners' Bridge</p> <p>1:00 "The Foursome"</p> <p>1:00 Writing Your Memoirs</p> <p><i>Chicken L'Orange</i></p>	<p>27</p> <p>8:30 Good Morning Stretch</p> <p>9:30 SHINE</p> <p>10:00 Knitting</p> <p>10:00 Rug Braiding Group</p> <p>12-1:45 BP/Health Screening</p> <p>12:30 "Honors"</p> <p>1:00 "Jacoby's"</p> <p>1:30 Scrabble</p> <p>1:30 Women's Cribbage</p> <p>1:30 Open Board Games</p>	<p>28</p> <p>8:30 Jazzercise Lite</p> <p>9:00 Opera Group</p> <p>9:30 Drop-in-Bridge</p> <p>10:00 Arthritis Exercise</p> <p>Noon Lunch</p> <p><i>Roast Pork</i></p>	<p>29</p> <p>8:30 Yoga</p> <p>9:45 Strength Training</p> <p>11:15 Ta'i Chi</p> <p>12-1:45 BP/Health Screening</p> <p>1:00 Quilting</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Painting</p>	<p>30</p> <p>8:30-10:30 Coffee Shop</p> <p>9:00 Men's Cribbage</p> <p>9:30 Senior Walking Club, World's End</p> <p>10:00 "Slammers"</p> <p>1:00 Senior Center closes</p>
<p>HIGHLIGHTS FOR JUNE 2006</p> <p>1st, 8th, 15th Sketching Nature 6:00 pm</p> <p>6th..... Meditation with Michele 10:00 am</p> <p>8th, 15th 55 Alive Safe Driving Course 9:00 am</p> <p>8th Hearing Screening 12:00-2:00 pm</p> <p>9th 90th Birthday Party Noon</p> <p>12th This is Not Your Father's Supermarket 1:00 pm</p> <p>13th Presidents and Their First Ladies 1:00 pm</p> <p>14th Veteran's Benefits Explained 10:00 am</p> <p>20th Investment Basics 9:30 am</p> <p>22nd Glaucoma/Cataract Screening 10:00 am</p>				

JUNE 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Please Note</u></p> <p>The Pool Room will be closed on the following dates: Monday, June 19 Tuesday, June 20 Thursday, June 22</p> <p style="text-align: center;"><u>Chess anyone?</u> A generous senior donated a chessboard that will be available on Tuesday afternoons at 1:30 pm during our "Open Board Games." Please let us know if you are interested. If that time is not convenient, perhaps we can arrange a different time or day that would suit.</p> 			<p style="text-align: right;">1</p> 8:30 Yoga 9:45 Strength Training 11:15 Ta'i Chi 12-1:45 BP/Health Screening 1:00 Quilting 1:00 Intermediate Bridge 1:00 Painting 6:00 pm Sketching Nature	<p style="text-align: right;">2</p> 8:30-10:30 Coffee Shop 9:00 Men's Cribbage 9:30 Senior Walking Club, World's End 10:00 "Slammers" 10:00 Journal Writing I 1:00 "Friday Bunch"
<p style="text-align: right;">5</p> 8:30 Aerobics 9:30 Strength Training 9:30 World Affairs 10:00 Rug Braiding & Rug Hooking Noon Lunch 1:00 Beginners' Bridge 1:00 "The Foursome"	<p style="text-align: right;">6</p> 8:45 Good Morning Stretch 9:30 SHINE 10:00 Knitting 10:00 Stroke Support Group 10:00 Meditation with Michele 12-1:45 BP/Health Screening 12:30 "Honors" 1:00 "Jacoby's" 1:00 Oriental Rug 1:30 Scrabble 1:30 Open Board Games 1:30 Women's Cribbage	<p style="text-align: right;">7</p> 8:30 Jazzercise Lite 9:30 Drop-in-Bridge 10:00 Arthritis Exercise Noon Lunch 2:00 Landscape Drawing <i>Beef Burgundy</i>	<p style="text-align: right;">8</p> 8:30 Yoga 9:00 55 Alive Safe Driving Course 9:45 Strength Training 11:15 Ta'i Chi 12-1:45 BP/Health Screening 12-2:00 Hearing Screening 1:00 Quilting 1:00 Intermediate Bridge 1:00 Painting 6:00 pm Sketching Nature	<p style="text-align: right;">9</p> 8:30-10:30 Coffee Shop 9:00 Men's Cribbage 9:30 Senior Walking Club, World's End 10:00 "Slammers" Noon 90th Birthday Party 1:00 "Friday Bunch"
<p style="text-align: right;">12</p> 8:30 Aerobics 9:30 Strength Training 10:00 Rug Braiding & Rug Hooking Noon Lunch 1:00 Beginners' Bridge 1:00 "The Foursome" 1:00 This is Not Your Father's Supermarket 4:30 Board Meets <i>Sausage & Pepper Sub</i>	<p style="text-align: right;">13</p> 8:45 Good Morning Stretch 9:30 SHINE 10:00 Knitting 10:00 Stroke Support Group 12-1:45 BP/Health Screening 12:30 "Honors" 1:00 "Jacoby's" 1:00 Presidents and Their First Ladies 1:30 Scrabble 1:30 Women's Cribbage 1:30 Open Board Games	<p style="text-align: right;">14</p> 8:30 Jazzercise Lite 9:30 Drop-in-Bridge 10:00 Veteran's Benefits Explained 10:00 Arthritis Exercise Noon Lunch 1:30 OPALS <i>Cheese Lasagne</i>	<p style="text-align: right;">15</p> 8:30 Yoga 9:00 55 Alive Safe Driving Course 9:45 Strength Training 11:15 Ta'i Chi 12-1:45 BP/Health Screening 1:00 Quilting 1:00 Intermediate Bridge 1:00 Painting 6:00 pm Sketching Nature	<p style="text-align: right;">16</p> 8:30-10:30 Coffee Shop 9:00 Men's Cribbage 9:30 Senior Walking Club, World's End 10:00 "Slammers" 1:00 "Friday Bunch"

BULLETIN BOARD

SENIOR CENTER CHANGES

Beginning Friday, June 30, the Senior Center will close on Fridays at 1:00 pm. This schedule will be in effect through Friday, September 1.

Monday Aerobics will be held in the Senior Center from Monday July 3, and return to the gymnasium on Monday, September 11.

Wednesday Jazzercise Lite will be held in the Senior Center from Wednesday, July 5 and return to the gymnasium on Wednesday, September 13.



Your flag and my flag,
And how it flies today
In your land and my land
And half a world away!
Rose-red and blood-red
The stripes forever gleam;
Snow-white and soul-white -
The good forefathers' dream;
Sky-blue and true-blue, with stars to gleam
aright -
The gloried guidon of the day, a shelter
through the night.

~Wilbur D. Nesbit, *Your Flag and My Flag*

**CAREGIVERS SUPPORT GROUP
WILL MEET ON
TUESDAY, JUNE 20
7:00 PM
AT THE
SENIOR CENTER**

BRAIN ANEURYSMS-South Shore Support Group

Offered in cooperation with the Norwell Visiting Nurse Association this group meets the second Wednesday of each month at Saint Mary's Parish Center, 2 Edwards Foster Road, Scituate, from 7:00-9:00 pm. For more information contact Tom Quirk at 781-659-2342 ext. 628 or tfquirk@aol.com or visit www.nvna.org

A NEW AGE OF AGING

MONDAY, JUNE 5, 2006, 2:15-4:15 PM

**John Meyer, USDA Human Nutrition Research Center on Aging at Tufts University
711 Washington Street, Boston (corner of Kneeland and Washington Streets)**

In conjunction with the 35th American Aging Association Annual Meeting
Interventions in Aging and Age-related Diseases: The Present and the Future
learn more about the program at www.americanaging.org

Presentations by:

Miriam Nelson, Ph.d, **Strong Women and Men Live Well: An Update on Physical Activity and Aging**
Irwin Rosenberg, MD, **Supplements for Health-Should I Take and Which Ones?**
James Goodwin, MD, **Positive Emotions and Aging**

Registration is free by calling 800-738-7555

Volunteer Corner



★ *Goodbyes are not forever. Goodbyes are not the end. They simply mean I'll miss you. Until we meet again!*

~Author Unknown

★ After many years of dedicated service to the Senior Center two of our stellar volunteers are moving on.

★ Marge Mahoney has been with us for 10 years as a van driver, covering many miles during her 100 hours of volunteering last year. We will miss her engaging smile, her vivid recollections of her volunteer assignments and her wonderful recipes.

★ Bob Freedman has not been with us as long but he regularly clocked in at over 100 volunteer hours a year. And we are just one of his many volunteer commitments. We will miss his curly hair, his travelrama reports, and his gentle nature.

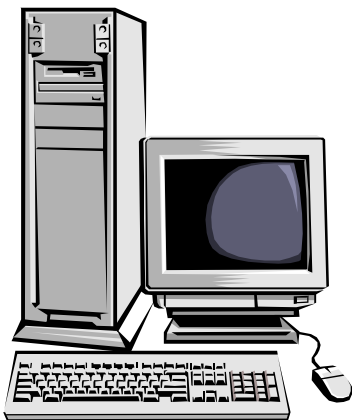
★ We wish you well in all your future endeavors and know that neither one of you are truly replaceable ... you have left your mark. There is always the chance that Caroline might try to schedule you in a pinch!



Individual commitment to a group effort - that is what makes a team work, an organization work, a society work, a civilization work. Welcome to our team.

Betty Fernandes

Jack Daly -Van Driver, **Jean Daly** - Friendly Visitor, **Lana Calvi** - Meal Server, **Charles Chittick** -Van Driver, **Bill Clark** -Van Driver, **Frank Messina** - Outreach, **Betty Kelley** - Receptionist, **Josephine Loughnane** - Senior Spectrum and Meal Server, **Sean Morrison** - Senior Spectrum, **Joe Roper** - Van Driver, **Ralph Scally** - Van Driver, **Jack Shea** -Van Driver, **Pat Shea** - Receptionist.



The Computer Committee is looking for volunteers with knowledge of computers and a willingness to help create and teach computer courses, and host one-on-one sessions with clients with specific computer needs. All classes are held at the Senior Center.

To volunteer
Stop by the Senior Center or call
Betty Fernandes, the volunteer coordinator at
(781)741-1458



Happy June Birthdays to our Volunteers

Norman Benard, Lee Biegel, Roy Conn, Pat Coronite, Ruth Diezemann, Bill Donahue,
Ted Evangelides, Edith Howard, Marion Malloy, Eleanor McCarthy,
Diane Romania, and Bernie Stearns



Outreach

**For Information about Services; Personal Advocacy and Consultation
Office Visits and Home Visits—Call Karen Sadlon, 781-741-1458**



10th Year of the Property Tax Work-Off Program



We are accepting applications for the new fiscal year (July 1, 2006—June 31, 2007) for the Tax Work-Off Program, our 10th year of assisting seniors with the increasing cost of home ownership. **Applications are available at the Senior Center. If you have been a Tax Work-Off participant in previous years, you must reapply every year to be considered for the new fiscal year. The deadline for applications is August 15.**

Work 74 hours in a town position and receive a \$500 abatement per household on your May 2007 real estate taxes. Eligibility requirements include: be the owner and occupant of property for which taxes are paid, have proof of income for the tax year 2005-2006 and have appropriate skills for a position in the town. New applicants and those with low income will receive priority. Typically, work begins in September and finishes in April. Tasks and hours vary, depending upon the job description. If you have your own idea of a particular project or task in the town, possibly it could qualify as a Tax Work-Off position. Please inquire.

This program not only assists seniors, but increases the involvement of seniors in town governance, acknowledges and affirms the value of the skills of older residents and provides needed services to the community. In the past, we have been fortunate to have many town departments participate in the program. Over 65 qualified and energetic seniors have participated in the past 9 years.

Call Karen for more information and details about eligibility and opportunities or stop by for an application. 781-741-1458.



PLEASE NOTE: Applications for **other property tax exemptions and deferral programs** will be mailed out early summer to the current qualified recipients. Look for them in the mail. New applicants for these programs may pick up applications after August 1 in the Assessor's Office at Town Hall.

The National Touring Company

Presidents and Their First Ladies

dramatically speaking

presents

Herbert and Lou
Hoover

Tuesday, June 13

1:00 PM

at the

Senior Center

A dramatic portrayal by William and Sue Wills
Touring 27 states coast to coast for the past 10
years !

Reservations for this performance are necessary
and can be made by calling the Senior Center at
781-741-1458.

**PLEASE INSERT LOGO
HERE**

HINGHAM

Department of Elder Services

224 Central Street
Hingham, MA 02043
(Bus) 781-741-1458
(FAX) 781-741-1427
[www.hingham-ma.com/html/
elder_services.html](http://www.hingham-ma.com/html/elder_services.html)

Senior Center Hours

8:30 am-4:00 pm
Monday-Friday

Visit our **Coffee Shop** on Friday mornings
between the hours of 8:30 am-10:30 am
for a great wake-up cup, delicious muffin,
and good company.

For a complete list of activities and
events, see our calendar on pages 6&7.

Department of Elder Services Mission Statement

The Hingham Department of Elder Services is one of the human service agencies of the town. Its mission is to support the independence and enhance the quality of life for Hingham residents 60 and older. Through coordination of services, it encourages self-reliance, good health, and community involvement.

Board

Ruth Briggs, **Chair**
Robert Montgomery, *Vice Chair*
William Scott, *Secretary*
James Plotner, *Treasurer*
Anne Condon
Thomas Hickey
Susan Kiernan
Joanne Pollick
Mary Thomas
May Vuilleumier
Stephen Waynen
Connie Doolittle, *Delegate*
South Shore Elder Services

Senior Center Staff

Barbara Farnsworth, Director
Caroline Gibson, Secretary
Karen Sadlon, Outreach Coordinator
Betty Fernandes, Volunteer Coord.inator
Laurel Cosman, Medical Dispatcher
Chet Stamper, Van Maintenance
Thomas Lydon, Medical Driver
John Callahan, Medical Driver
Jeanette Mulrooney, Coffee Shop

ELDERS AT CENTRAL

**224 CENTRAL STREET
HINGHAM, MA 02043**

PRESORT STANDARD

**U.S. Postage Paid
Permit No. 68
Hingham, MA 02043**

